

**TMI**

# focus

Vol. XVI, No. 1

A Newsletter Of The Monroe Institute

Winter 1994

## THE STEP BEYOND

by Robert Monroe

Throughout human history, there has been a common yearning and nostalgia for something deep in ourselves—our true identity, our origin. Many of us interpret it as a desire to revisit the site of our physical origin, our birthplace and childhood. Of those who do, most come away vaguely unsatisfied and unfulfilled.

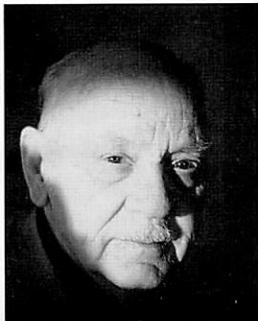
They expected more but cannot define what they mean by "more." Then there are, among us ordinary people, those who sometimes pause for a moment to reflect on what it all means. But just for a moment.

A growing number of us finally become astute enough to realize that one way or another, each of us will eventually be "Going Home." To our original point of origin. Not Here but There, without keen knowledge of what "There" really is. It's only a matter of time.

Our new label for all that we do is the *LIFE SPAN* system. This is in accordance with a determination to provide a learning process for every human need. Our newest and latest is a special kind of help for those with life-threatening illness or injuries, and for their family and loved ones. It is appropriately labeled

### GOING HOME

This is a set of learning exercises on audio cassette which offers a means where-



by the individual can reduce dramatically the common fear of physical death. The result can be, at the least, greater tolerance of the situation. At most, the *GOING HOME* Subject may learn to control calmly the sequence of this critical event, even to the point where it becomes interesting and exciting...

The *GOING HOME* system also helps family and friends better understand and accept the reality of the death process, so as to provide badly needed specific support at critical moments. It also includes methods that can be employed to help them consistently adjust to and recover from the loss of their devoted one. It is designed for use at a private residence, in hospitals, hospices, and nursing care facilities.

Three of the inescapable rules in our lives, the Laws of Change, Cause and Effect, and Experience, are the greatest of Teachers. The problem with most of us is that we tend to forget them in moments of emotional crisis.

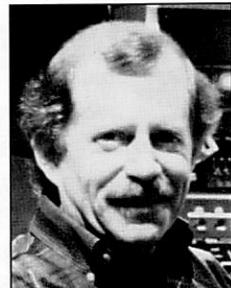
When Nancy Penn Monroe, my wife for twenty-three years and co-founder of The Monroe Institute, contracted breast cancer, I was sure that our methods and techniques along with conventional medical treatment would take care of the problem. Then, as her condition slowly worsened, the realization came that we should have some Death Insurance (the proper label, life insurance, was already in common misuse). There must be a means whereby we could be sure we would be together whatever took place.

In checking my notes on my early non-physical exploration, I came across my one visit in 1965 to what I then called the Park—a temporary recovery site for those distraught from the trauma of the death

## LIM'ITS

by Dave Wallis

Dave first became involved with The Monroe Institute in 1979 as a volunteer, primarily in the research laboratory. There he designed the lab systems, installed electronics, and served as a technician during EXPLORER sessions. Dave served as a technical consultant to TMI until 1990, when he joined the staff as a full-time test engineer.



Limits—we all have them, break them, feel supported and hemmed in by them. A wise friend once said, "If you argue hard enough for your limitations, you may actually get them." A dictionary definition of "limit" is the point or line where something ends or must end, a boundary, the greatest amount allowed, or to restrict. Fortunately, the dictionary cannot limit our life, potential, or future. Only we do that.

Not all limits are undesirable. Many of them are beneficial to long-term survival and quality of life. Good limits might include limiting exposure to the ultraviolet light rays of the sun and thereby reducing the risk of skin cancer. The manufacturer's ratings on engine speed in revolutions per minute (RPMs) prevent destruction of the engine. Observing this mechanical limitation will almost certainly extend the life span and reliability of your car.

"Bad" or restrictive limits may well deny

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# SHILOH RETRIEVAL

by Marian A. Hawes

*The basic theme of the LIFELINE program is service to others: service in the Here, for living humans who request it; service in the There, for those no longer in time-space physical existence. As participants perform service in either area, they may feel an inner knowledge of its validity. At the same time, there is a desire for objective, outside corroboration. Micki Hawes persistently searched out such evidence following a dramatic retrieval during her April 1993 LIFELINE. This narrative account, submitted to Trainer Darlene Miller, was accompanied by copies of the documentation she unearthed.*



**O**n Thursday, April 29, 1993, at Focus 22, while attending LIFELINE, a hand began pulling on my ankle. It would not let go. Identification was requested. The name given was George Stevens or Stevenson.

Next we were on a battlefield. I was looking around saying, "Oh my God, oh my

God." The question was asked where we were and the answer came back, Shiloh. I "saw" what looked like blue uniforms, although they were mud caked and bloody. I asked what year. He told me later 1800s. When asked what he wanted, the answer was that his company wanted to GO ON together because they had died together. We held on to each other's ankles in a chain and went to Focus 27.

Judging by the date, it must have been the Civil War. I know absolutely nothing about the Civil War. I asked LIFELINE participants where Shiloh was located. One thought Virginia. Another said Pennsylvania. That's how much we knew.

On Saturday, June 26, 1993, I was seated across the table from a Civil War expert at a formal dinner. (Wasn't that a coincidence?) I asked about Shiloh and learned the battle was fought in Tennessee. The book *Shiloh: Bloody April* by Wiley Sword was recommended. It is interesting to note that the battle was fought in April and the contact at TMI was made in April. In the preface was reference to an 1862 firsthand account by William G. Stevenson titled *Shiloh: Thirteen Months in the Rebel Army*. Nowhere in the text was there reference to a middle name. Did the G stand for George? Was this my George? Blue uniform? Rebel army? Something was amiss. It wasn't right.

The Cincinnati Public Library provided

me with the *Official Records to the War of Rebellion: Reference Index of Shiloh Casualties*. Frustration! Wounded, yes! Mustered out, yes! Casualty, no!

I told the librarian everything. He was fascinated by how the information was obtained. He immediately called a colleague who referred me to the United States Department of the Interior, Shiloh National Military Park.

I wrote (enclosed). A response was received (enclosed). George H. Stevens was wounded at Shiloh. At first that did not seem right. Then something struck me: George Stevens was the first name received. The contact had been made at The Monroe Institute on April 29, 1991. George Stevens died on April 29, 1863—same date, 131 years earlier and was reburied at Shiloh National Cemetery, Grave M-2806. He made the initial contact. Illinois was Union. George W. Stephenson was killed in action at Shiloh, burial on the field in a mass grave. I began feeling shivers. This George was killed, not wounded. This was it! Missouri was Union. The April dates, the mass grave, and others being with him indicated the need for a group rescue.

Life gently nudged me into the pursuit which led to verification. I felt great satisfaction in being able to help. The original experience was very *real* on one plane. It is now *real* on another.



## BEYOND

*Continued from page 1*

experience. At the time, I did not go back for further investigation because I saw no imminent need for doing so.

Twenty-seven years later, it was a different story. Perhaps it could indeed be the anchor for our Death Insurance, if such were needed. It was easy to renew my contact with the Park, and I was astounded at what I found. It was a construct started by human minds far earlier than our recorded history and had been in constant service ever since. Yet our civilization seemed unaware of its existence.

I gained again immediate friendships with those in service at the Park. No particular religious belief was involved. I learned

that an uncounted large number of humans suffering postmortem bewilderment and fright were constantly being "retrieved" and brought to the Park and its environs for rest and recuperation. When they were calm and rational again, each made a choice as to the next life sojourn from the many options available.

Among such options seems to be truly a way to go on the route to our original or ultimate Home—if one is completely prepared to do so.

Thus LIFELINE was born, one form of Death Insurance. It became a week-long seminar where individuals learn to go to Focus 27 (our label for The Park) as visitors and helpers. They learn to join in the retrieval process, finding the newly deceased who are frightened and confused,

then escorting them back to the Park in 27. In doing so, they gather data from them for verification in our current physical world.

After over two years, in September of 1993, over eighteen LIFELINE programs had been conducted with 270 participants attending. Each made an average of five visits to 27 during the training period. This equates to over **thirteen hundred** actual individual and separate trips to 27 by persons who are still physically alive.

The program is still being conducted at the Institute Headquarters in Virginia. It did indeed provide Death Insurance for me. Yet something was missing. It did not deal with the emotional and other factors of the death transition itself at the Here-Now level.

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# DOLPHIN ENERGY GENESIS

by Shay St. John, DMin

*Speculation has abounded on the origin of the Dolphin Energy Club since its inception. Now, Shay St. John, longtime friend of Bob and Nancy Monroe and member of the TMI Board of Directors, shares her personal recollections of the event that gave birth to this vital, growing, healing network.*



Al and I were visiting with Bob and Nancy. She had a chemotherapy treatment scheduled, so I rode in with her and we planned lunch afterward. During the treatment, the needle was improperly placed, and the chemo leaked into Nancy's hand rather than flowing into her bloodstream. The nurse was extremely upset. So was Nancy. I was furious, but attempted to remain "calm and poised" to keep things somewhat in order!

Nancy was told this was extremely serious; that she could possibly even lose her hand. The hand would definitely turn black. Great pain would be experienced. She was to call immediately for a doctor's appointment. He was not in the office when this occurred. Nancy's hand was already at least twice its normal size, deep gray, and getting blacker by the minute. We went to lunch and I shared a story I had recently heard about the relationship between killer whales and dolphins. It seems that the two species set aside their natural enmity, and the dolphins assist the whales while they give birth. I then suggested, "Let's make the dolphins the midwives of your healing right now."

At lunch, over a glass of white wine, Nancy identified seven dolphins flowing through her bloodstream. As we ate, we told these dolphins that their very favorite food, the chemo in Nancy's hand, was theirs to devour. We focused their work on her hand during lunch and watched in awe

as Nancy's hand stopped turning blacker. The swelling decreased. Within an hour and a half, we could actually see the hand beginning to lighten and deflate.

We were so excited! Nancy had found a wonderful dolphin ring at Best Products, and she was thinking of getting it. We went there right after lunch—I bought Nancy her ring and she bought me mine. She felt so good that we continued shopping and returned to the house in the late afternoon. By this time, nothing unusual seemed to have happened to Nancy's hand. By evening, it was totally normal.

The next day we both talked to the dolphins and thanked them for their help. Then we told them of a real dietary treat, the cancer cells throughout Nancy's body. In addition, the unnecessary chemo could be their weekly "dessert."

We shared this experience with Bob and Al and, in an evening of brainstorming, the Dolphin Energy Club was born.

*DEC service continues to develop and evolve. To engage in this work personally, call Shirley Bliley, DEC Service Coordinator, at (804) 361-9132 or write to her at The Monroe Institute, Rt. 1, Box 175, Faber, VA 22938-9749. The annual fee of \$35 for Institute members and \$50 for non-members includes the DEC Hemi-Sync tape, coordination of specific healing requests, and quarterly reports on DEC activity.*



## CLIP TIPS

We depend on our readers to send us clippings of news items, editorials, columns, book reviews, research reports, etc., because commercial clipping services are prohibitively expensive. When you see an item in a newspaper, magazine, or professional journal that you feel is relevant to our work here at TMI, please cut it out or photocopy it, indicate the date and source, and send it to The Monroe Institute, Route 1, Box 175, Faber, VA 22938-9749, Attn: FOCUS Clip Tips. Thanks!



## LIM' ITS

*Continued from page 1*

us happiness, love, achievement of our full potential, or understanding of who and what we really are. Perhaps it's time to start on the path of self-exploration. Mysteries and the unknown make exciting television shows and movies and good suspense novels. There's no reason why we should remain mysteries to ourselves.

Remember the newspaper headlines when the first runner broke the barrier of the four-minute mile? Until then, track and field coaches had maintained that it was impossible to run a mile in less than four minutes. No reason was given. Then Roger Bannister ran faster, and now this artificial limit is routinely broken in high school and college track meets. Furthermore, each succeeding Olympics sees new records in many events. Finally, it's okay to be faster, stronger, better athletes than our ancestors.

The human-potential movement has both allowed and encouraged people to examine external or self-imposed limits and decide whether to keep or transcend them. It has become acceptable to push old

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## BEYOND

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Not just for the Subject, but for the family and loved ones.

It took the deep personal experience of such an event acting as Teacher for this family/loved one to illustrate the massive need. Thus *GOING HOME* came into being as another form of Death Insurance, too late for me as a Family-Loved One, but perhaps not for others.

*GOING HOME* is based on the *LIFELINE* Program results as well as the many years of experience of two well-known friends, Elisabeth Kubler-Ross, MD, and Charles Tart, PhD. It is Death Insurance that can be utilized at any time or any place, *before* the fact. It provides a means for the dying individual to become fully aware of 27, and to go there upon permanent departure, if that is the desire.

We expect it to be completed and available in December. I hope you don't need it. But if you do ...



# PREP SESSION PHYSIOLOGICAL MONITORING

by F. Holmes Atwater

*One of the most valuable opportunities for personal development offered by The Monroe Institute is the PREP (Personal Resource Exploration Program) session in the Institute laboratory. Skip Atwater takes us behind the scenes with a detailed examination of the physiological monitoring that forms the foundation of these forays into inner space.*

A Personal Resources Exploration Program (PREP) session is a personalized Hemi-Sync audio-guidance program conducted in our laboratory. An experienced monitor guides the PREP participant through a custom-tailored Hemi-Sync exploration spanning all Focus levels. A J&J I-330 Physiological Monitoring System is used to record peripheral skin temperature (TEMP), galvanic skin responses (GSR), and skin potential voltage (SPV) in a session. What these measurements are and how we interpret and use them are illustrated below. Remember, the graphs show general tendencies and are not goals for an "ideal" session. Instead, the highly individualized patterns are interpreted on a case-by-case basis using established parameters.

## TEMP

Warming of the extremities (hands and feet) is a strong indicator of physical relaxation. This peripheral warming is due to increased blood flow through the capillaries as a result of muscular relaxation. This natural warming is sometimes referred to as the relaxation response. Peripheral warming has also proved to be a reliable indicator of theta brain-wave states. People frequently move into a theta brain-wave rhythm after maintaining a warming above 95°F for a few minutes. In PREP sessions, a rise in hand and finger temperature typical-

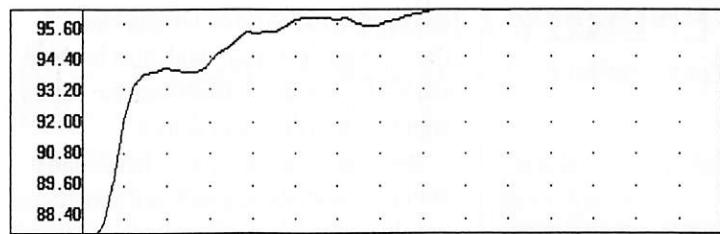
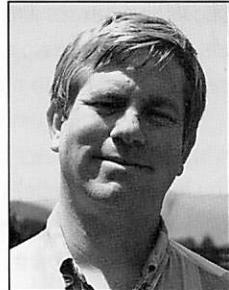


Figure 1

ly reflects the emergence of states of consciousness favorable to enhanced perception. Figure 1 shows such a warming pattern.

Electrical activity on the skin may be due to sweat gland activity (sudorific) or to other causes (nonsudorific). For our purposes, it is crucial to discriminate between

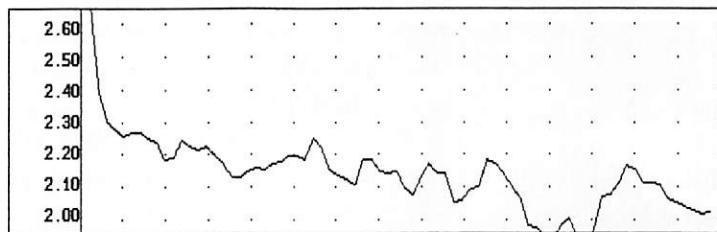


Figure 2

the two origins. Sudorific skin potentials are indicators of anxiety levels, mental arousal, and emotional reactivity. Nonsudorific skin potentials, on the other hand, are associated with ovulation, tissue regeneration, and atypical growth, as well as changes in levels of consciousness.

## GSR

To quantify sudorific activity, skin resis-

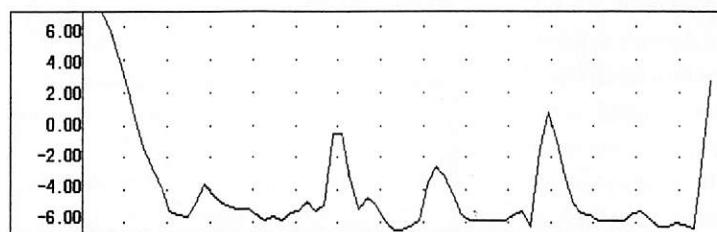


Figure 3

tance or its inverse, skin conductance, is measured by applying a small, constant current through two noninvasive electrodes placed on the fingers. Short-duration changes in resistance usually peak in about one or two seconds and are known as galvanic skin responses (GSR). The general amount of resistance that changes slowly is termed the skin resistance level. As GSR conductance decreases, one becomes less anxious, mentally sedate, and emotionally passive. Figure 2 illustrates a slowly decreasing skin conductance level over the

period of a typical PREP session.

Although the trend shows decreasing levels, momentary elevations in skin conductance reveal arousal

periods related to increased emotional reaction to mental experiences.

## SPV

Nonsudorific activity is measured by the direct current voltage between electrodes on the fingers. Voltage differences of relatively short duration are known as skin potential responses. Voltage differences of long duration are referred to as skin potential levels. Records of both nonsudorific electric variables are called skin potential voltage (SPV)

measurements. Independent SPV response variations or wave forms indicate mental activity. Shifts in consciousness are indicated by substantial changes in SPV levels. Occasionally, SPV levels reverse polarity. These polarity reversals indicate changes in the participant's perspective. Figure 3 shows changes in skin potential levels. A voltage reversal from positive to negative recorded

early in the session evidences a discrete change in awareness level.

The use of physiological monitoring is especially benefi-

cial to real-time facilitation of PREP sessions. Monitors can tell when an individual is relaxed, when he/she "moves" from experience to experience, and when to ask about the experience. Participants receive an audiotape of their session and a printed report of a representative segment showing observed physiological changes. The printout includes key phrases from the participant's conversation with the monitor. Time for debriefing at the conclusion of the session allows for further grounding and integration.



## MONROE INSTITUTE RUMORS NOT TRUE

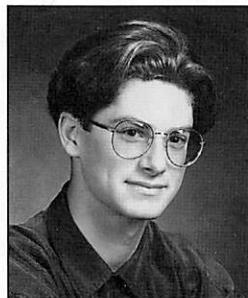
*For the past three years, TMI has provided an annual opportunity scholarship to a qualified and deserving Nelson County high school senior. The most recent recipient of this award is Adam R. Stevens, who is majoring in architecture at the University of Virginia. In this letter to the editor of the Nelson County Times, Adam validates the worth of our community involvement and makes telling points about the value of higher education.*

**I**gnorance is the harbinger of misconception, and it is ignorance that has led the people of Nelson County to believe, for so many years, that The Monroe Institute has ill intentions or goals.

Ever since I first learned of the Institute, situated in Faber, I have heard everything from "They brainwash your kids," to "they do routine brain transplants." Due to these rumors over the years, people who don't know exactly what goes on "behind closed doors" there are automatically focused on a misconception of their own creating. I mean, come on... "routine brain transplants"!?

Well, I would like to set the record on balance here by telling you the truth about The Monroe Institute, in a very simplistic, concise manner. I say this because it is impossible for me to describe thoroughly to you what has taken years of research to develop.

The Monroe Institute does not "brainwash" its subjects nor will they give you a new brain. However, they do improve your mind and the relationship between mind and body. Projects at the Institute "have been able to induce and train subjects to learn conscious control of many different and productive states of consciousness other than typical wakefulness." This is a



form of accelerated learning.

Even though I have been familiar with The Monroe Institute for only a few years, this year it has become an important factor in my life; not only have the staff there enlightened me to my potential, but they have provided me with the means by which to utilize this potential.

Every year, The Monroe Institute presents its Opportunity Scholarship Award to a graduating senior from Nelson County High School who plans to continue his education at an accredited four-year college. This year, I have had the privilege of receiving this most prestigious award. The scholarship is in the amount of \$2,500 per year and is annually renewable for three more years.

However, there is one stipulation. It is expected that the recipient maintain a 3.0 GPA in order to be eligible for renewal. This is obviously to prevent the recipient from forgetting the reason he is attending college—to receive a higher education.

I speak to you, the readers of the *Nelson County Times*, to tell you that The Monroe Institute is working hard to better the world we live in by unleashing the most powerful tool created—the human mind. Don't be afraid of the Institute. It's part of our community. Inquire. By giving this scholarship, they are trying to give to the community a fruitful future by the means of a well-educated youth.

Finally, I would like to thank everyone at The Monroe Institute for helping make my dreams of becoming an architect attainable and closer to reality. I would additionally like to extend my sincere appreciation to Robert A. Monroe, founder of the Institute, and to Dave Wallis, laboratory engineer and the man who was gracious enough to take time out of his busy schedule to give me a tour of the facilities, answer my questions, and was patient enough for my idling.

I am attending the University of Virginia School of Architecture this fall thanks to the generosity of The Monroe Institute.



## QUARTERLY TAPE

### MEDITATION-DISSOCIATION-TRANSCENDENCE

The *INNER CIRCLE* alliance, an elite group of sustaining TMI members, provides field evaluations of new Hemi-Sync sound patterns developed in the Institute laboratory. It is now time to share the results of their work with you.

This quarter's complimentary special-release member tape may enable you to deepen your consciousness-exploring skills. The sound formats have been extensively tested in the laboratory using objective EEG measurements and physiological readings. The *INNER CIRCLE* provided experiential, subjective evaluations and suggestions for implementation.

Side One of the cassette is a guided exploration of three discrete states of consciousness. You may have already experienced them through your Focus-level journeys. On Side Two, the sound patterns are the same, but there is no verbal guidance. When you have become skilled by following the guidance, venture out on your own with the "free-flow" side of the tape.

If you would like to become a member of the *INNER CIRCLE* and be part of the evolutionary research being conducted in the laboratory, contact Shirley Bliley at The Monroe Institute, Route 1, Box 175, Faber, VA 22938. Telephone: (804) 361-9132 or FAX: (804) 361-1611.



## THE MONROE INSTITUTE PROGRAM SCHEDULE

All programs listed below will be held at The Nancy Penn Center in Faber, Virginia.

**1994**

### GATEWAY VOYAGE

January 15-21  
February 5-11  
March 5-11  
March 26-April 1  
April 16-22  
May 7-13  
June 4-10  
July 9-15  
July 30-August 5  
August 20-26  
September 17-23  
October 8-14

### GUIDELINES II

(A Graduate Program)  
March 12-18  
May 14-20  
July 16-22  
September 24-30

### PROFESSIONAL SEMINAR

July 23-29

### LIFELINE

(A Graduate Program)  
February 12-18  
April 23-29  
June 11-17  
August 6-12  
October 15-21

### LIFE SPAN 2000

April 9-15  
June 18-24  
September 10-16

The TMI FOCUS is published four times annually by The Monroe Institute, Route 1, Box 175, Faber, Virginia, 22938-9749. Telephone: (804) 361-9132. The FOCUS contains current information on Institute activities, applications of the Hemi-Sync™ technology, and communication with Hemi-Sync participants and program graduates. Membership/subscription rates from \$50 to \$150 per year. Subscription only, \$25.

The Monroe Institute is a 501(c)(3) non-profit research and educational organization dedicated to exploring and developing the uses and understanding of human consciousness. Editor: Shirley Biley.

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## HEMI-LYNC Making Global Connections

*Hemi-Lync is a print media network bulletin board—a communication device—for connecting you with people, events, and publications around the world that have something to share about Hemi-Sync. It's your forum and we encourage you to use it. The items posted in this issue represent only a few of the Hemi-Lync possibilities. To submit your Hemi-Lync item (no personal advertising, please!), write or call the TMI FOCUS, The Monroe Institute.*

### Appearances

F. Holmes (Skip) Atwater spoke at The International Colloquium on the Healing Nature of Sound at the Green Pastures Estate in Epping, New Hampshire, on Columbus Day weekend.

Skip was also a keynote speaker at the International Forum on New Science in Fort Collins, Colorado, on October 15th. Additionally, he met with members of the Psychic Studies Institute in Kansas City, Missouri, on October 16th. His topic on each occasion was the evolution and growth of human consciousness through the use of the Hemi-Sync process.

### Announcements

**Components and Correlates of Healing Energies**, the Fourth Annual Conference of the International Society for the Study of Subtle Energies and Energy Medicine, will be held June 16-21, 1994, in Boulder, Colorado. Those interested in participating in the conference program may obtain further details from the ISSSEEM Central Office: 356 Goldco Circle, Golden, CO 80401, (303) 278-2228. Submissions are due no later than January 10.

### Books

**Healing Myself**, by Gari Carter (\$10.95, softcover, Hampton Roads Publishing Com-

pany, Inc.), is the inspiring story of how Hemi-Sync helped Gari endure a series of painful reconstructive surgeries following a near-fatal car accident. It is now under consideration as a Reader's Digest condensed book selection.

This book may be acquired through your local bookstore. It is not available from TMI or Interstate Industries, Inc.

**Mind Trek**, by Joe McMoneagle (\$10.95, softcover, Hampton Roads Publishing Company, Inc.), is Joe's personal account of

how he developed his ability to "see" in the mind's eye things that are remote in time, in space, or in both time and space.

This title is now available from Interstate Industries, Inc.



### Lynching People

Here are names and phone numbers of readers willing to be contacts for regional get-togethers of Hemi-Sync users. We'll continue to add to the list as we hear from you.

### CANADA

TORONTO, ONT  
Blair Swanson  
(416) 269-4252  
VANCOUVER, BC  
Carol Biernat  
(604) 261-2840

### SCOTLAND

FIFE  
Robert and Penelope Gibson  
(0337) 30767

### U.S.A.

BETHESDA, MD  
Helene N. Guttman  
(301) 656-8980  
BUTTE, MT  
Leo McCarthy  
(406) 494-3567

CAMBRIA, CA  
Lealand Beck  
(805) 927-4621

FINESVILLE, NJ  
Pete Ennes  
(908) 995-9493

HENDERSONVILLE, NC  
Joe Gallenberger  
(704) 693-4721

INDIANAPOLIS, IN  
Shawn Casey  
(317) 852-7727

JACKSON, WY  
Tim Bradley  
(307) 733-0907

LAKE CITY, SC  
Jacqueline Simanek  
(803) 394-8281

LAMBERTVILLE, MI  
Eileen Tucker  
(313) 856-5251

LONDON, KY  
Pauline Johnson  
(606) 878-1907

MARIETTA, GA  
Jan and Art Flint  
(404) 514-7901

MONTVILLE, NJ  
Judith Lerner-Taylor  
(201) 402-8142

NEW YORK, NY  
Ross Jacobs  
(212) 929-0661

Al Swadichuto  
(212) 228-3298

PORTLAND, OR  
Clayton Morgan  
(503) 236-1705

Bill Oakes  
(503) 288-5305 (w)

PETALUMA, CA  
Hildegarde Minstein  
(707) 763-7537

SCOTLAND, CT  
Genia Haddon  
(203) 456-0646

TEMPE, AZ  
Marcie A. Katler  
(602) 968-3021

TOLEDO, OH  
Eileen Tucker  
(313) 856-5251

TULSA, OK  
Bruce W. Freeman  
(918) 445-0040

If you live within reach of any of these folks and would like to find other people nearby to "explore" with, get in touch.

### Periodicals

*Physical Therapy Forum*, October 11, 1993. Her personal exploration of awareness and consciousness led Edith L. Harrington, PT, to attend a TMI program. In "Physical Therapy and the Hemi-Sync Process" (a special article for the *Forum*), Edith provides a detailed overview of the technology, with cogent considerations of its practical value in therapy for children with special needs, in learning environments, and in support of physical therapy. She closes with provocative speculations on possible applications in a variety of patient/caregiver situations. Excellent!

### Reprints

*OMNI Magazine*, Vol. 16, No. 2, October

### LIM' ITS

*Continued from page 3*

boundaries and to question the limiting belief systems we were taught, and those we simply absorbed as we grew to adulthood.

Hemi-Sync is one very effective technique for accessing states of consciousness not normally available and for beginning to push beyond limits to do things you couldn't do before. This was brought home to me very graphically a few years ago. It was summertime; I was stung by a wasp and started into my typical shock reaction—swelling, intense pain, dizziness, and blackout. This time, I used *HUMAN PLUS* techniques to send healing quickly to the stung area. To my utter amazement, there was no pain or shock, just a very mild itch that disappeared after about five minutes. So much for an old physical belief system that had been a literal "pain" in my life.

The *LIFESPAN 2000* program, which I was fortunate enough to attend this fall, has taken the concepts which originated with *H-PLUS* even further. *LIFESPAN* provides the tools to work on ourselves at all levels—physical, mental, emotional, and spiritual. It greatly amplified my previously learned abilities for increasing and promoting my

1993. If you've been looking in the stores, you already know that this 15th anniversary issue is sold out. Fortunately, we've acquired reprints of "Notes from the New Land," Murray Cox's article about TMI, in quantity. Copies are available upon request.

# Season's Greetings



creature comfort. Exercises in the latter portion of the program are designed to put us in touch with the "source," that energy which is both life force and universal knowledge—a power shared by everyone. With the means to apply *H-PLUS* techniques beyond my own mind-body-spirit came the realization of where to apply them.

For instance, in relationships it's often difficult to understand a friend or spouse if they're in an "off" mood or having a case of the blahs. One of the *LIFESPAN* exercises focuses on *Empathizing* and tuning in to what's going on with someone else—psychologically and emotionally. Transcending limitations has also let me see myself as another perceives me and, consequently, know both myself and my friend better. What a fun and joyful experience it is to connect with those you love on levels never before possible and to open up to mutual knowingness!

Yes, I'll still obey the speed limits on rural highways, but not the limits on my personal growth, happiness, and inner freedom. Hemi-Sync has helped me to limit my limits. It's really fun to fly!

## **HEMI-SYNC OUTREACH**

The *OUTREACH* (formerly *GATEWAY OUTREACH*) program was created in 1985 to meet the many requests for Hemi-Sync training close to home. The first of the program's two primary components is the *EXCURSION* workshop. Developed out of the Institute's world-renowned *GATEWAY VOYAGE*, this is a two-day adventure into expansion of consciousness by gentle increments so that states of profound relaxation, deep contemplation, and communication with the higher self and with nonphysical energies may be experienced. Important personal revelations are commonplace during an *EXCURSION* workshop. Specifically designed

tapes with the Hemi-Sync technology form the core of *EXCURSION*, together with explanation, discussion, and supportive group interaction.

With expanded applications of Hemi-Sync technology, the two-day *HUMAN PLUS* workshop was added to the *OUTREACH* program. This workshop, also built around Hemi-Sync tapes, enables greater personal control over mental, emotional, and physical well-being. It teaches skills for relaxation, concentration, memory, pain control, maintenance of physical health, creativity, release of negative emotion, and much more. The emphasis is on learning practical tools to use in daily life.

These workshops, along with others designed to provide Hemi-Sync support for a wide variety of interests and personal goals, are offered throughout the United States and in other parts of the world by accredited *OUTREACH* Trainers. To learn more about *OUTREACH* workshops, or to inquire if there is an *OUTREACH* Trainer near you, call (804) 361-1252. If you wish to organize a group in your locality who would be interested in experiencing Hemi-Sync training, please ask us how to arrange to bring an *OUTREACH* Trainer to you.



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